



Food Stamp Nutrition Connection

<http://foodstamp.nal.usda.gov>

BULLETIN

Volume 2, Issue 1

Spring 2008

Inside this issue:

Eat Smart, Live Strong Activity Kit for Older Adults 1

Dietary Recommendations for Older Adults 1

From the Coordinator's Desk 2

Fresh Resources for FSNE Providers 2

MyPyramid Menu Planner 3

Upcoming Conference Calendar 3

Recipe Highlight: Chicken-Vegetable Soup with Kale 4

Food Stamp Nutrition Education Materials for Older Adults



NUTRITION EDUCATION for OLDER ADULTS

Eat Smart, Live Strong is here! The Food and Nutrition Service (FNS) introduces the new *Eat Smart, Live Strong* Activity Kit, an intervention designed to improve fruit and vegetable consumption and physical activity among able bodied, independent 60-74 year olds participating in or eligible for FNS nutrition assistance programs. *Eat Smart, Live Strong* is based on the 2005 Dietary Guidelines for Americans and MyPyramid. The Activity Kit will support program providers in delivering nutrition education to a growing number of low-income older adults.

Nutrition educators and program providers can use the Activity Kit to engage participants in four fun and interactive sessions. *Eat Smart, Live Strong* can encourage older adults to build their nutrition skills and practice simple exercises by focusing on 2 key behaviors:

- Eat at least 3 ½ cups of fruits and vegetables every day (1 ½ cups of fruits and 2 cups of vegetables).
- Participate in at least 30 minutes of physical activity most days of the week.

The Activity Kit contains:

- A Leader's Guide
- 4 Interactive Sessions
- Participant Handouts
- A CD with sessions and handouts in PDF format
- Black and White Reproducible Masters

Each session also includes a facilitated discussion format, 10 sets of ready-to-go color participant handouts, simple games and activities, promotional flyers and numerous additional resources to support nutrition education efforts. Easy-to-use materials will make this Activity Kit a popular resource for those delivering services to older adults.

The *Eat Smart, Live Strong* Activity Kit is available on the FSNC Web site. To access or download the materials, simply click on the link from the home page. Food Stamp Nutrition Education providers can order the complete Activity Kit from the Food Stamp Program's Outreach and Nutrition Education Materials Ordering Center web site at

<http://foodstamp.ntis.gov/>.

(Continued on page 2)

Dietary Recommendations for Older Adults

Eat Smart, Live Strong is based on recommendations from the 2005 Dietary Guidelines for Americans, a rich source of dietary health information for nutrition educators and health providers. These guidelines reinforce the importance of a nutritious diet and regular physical activity in achieving

and maintaining a healthy body weight for older adults. The recommended calories and fruit and vegetable intake for older adults, 60 to 74 years of age, varies based on gender and physical activity level. The higher a person's physical activity level, the higher his or her energy requirement, and the easier



it is to plan a daily food intake pattern that meets recommended nutrient requirements.

(continued on page 3)

From The Coordinator's Desk

Welcome to the *Eat Smart, Live Strong* edition of the FSNC Bulletin! We are excited to partner with Food and Nutrition Service to help make the materials in this innovative nutrition education Activity Kit available to you.

I invite you to review the *Eat Smart, Live Strong* materials on the FSNC Web site. From there, you can download the materials as needed, or order a complete Activity Kit from the Food Stamp Program.

If you're not already a member, consider joining the FSNC-Talk listserv. We send out announcements on this listserv when new resources, such as *Eat Smart, Live Strong* or other materials relevant to Food Stamp Nutrition Educators become available. To join, click on the "FSNC-Talk" link on our home page.

In the coming months, we will continue to do our best to make FSNC a unique and valuable resource to Food Stamp Nutrition Education providers. If you have comments, feedback, or suggestions about how our Web site can best support your needs, please contact us at FSNC@nal.usda.gov.

Sincerely,



Shirley King Evans
Acting Coordinator
Food and Nutrition Information Center
National Agricultural Library
U.S. Department of Agriculture

Food Stamp Nutrition Connection Team

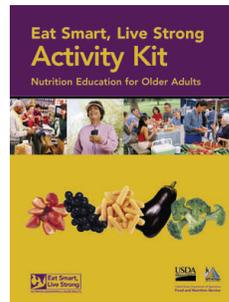
Gina Hundley Gomez, RD
Rachel Tobin, MS, RD

Food and Nutrition Service Partners

Alice Lockett, MS, RD, LD
Melissa Walker, MBA, RD, LD

Eat Smart, Live Strong

(continued from page 1)



Session activities include completing food and exercise assessments; setting personal goals; identifying solutions to common eating and physical activity challenges; adding fruits and vegetables to classic foods to make change more familiar; and increasing awareness about low cost foods and nutrition assistance programs that will help older adults commit to the key behaviors. The sessions also encourage providers and participants to draw from resources in their communities to support participants' goals.

Session activities include completing food and exercise assessments; setting personal goals; identifying solutions to common eating and physical

Eat Smart, Live Strong development included a review of Promising Practices to identify relevant educational strategies for the target audience. Results from the research helped to design the activities and strategies used in the Activity Kit. To learn more about the *Promising Practices Report*, visit <http://www.fns.usda.gov/oane/MENU/Published/NutritionEducation/NutEd.htm>.



Fresh Resources for FSNE Providers

- **MyPyramid for Pregnant and Breastfeeding Moms.** On this Web site, users can create a personalized "MyPyramid Plan for Moms" that shows what and how much to eat from each food group during each trimester or pregnancy or breastfeeding stage. The personalized plan can be viewed on-screen or downloaded as a full-color printout. "MyPyramid Plan for Moms" is available at <http://www.mypyramid.gov/mypyramidmoms/>.
- **MyPyramid Podcasts.** The USDA has begun to release a new series of podcasts related to MyPyramid. The new MyPyramid PodCasts reinforce that taking small steps can add up to real changes in weight and health. A new video podcast will be added every month and RSS Feeds are coming soon. The podcasts are available at <http://www.mypyramid.gov/podcasts/>.
- **FSNC Hot Topics A-Z.** The Hot Topics A-Z section of the Food Stamp Nutrition Connection web site has been recently updated, with new hot topics and new resources for FSNE professionals. Hot Topics A-Z can be found under the "Professional Development Tools" section of the FSNC Web site.
- **FSNC Brochure.** A new brochure for the Food Stamp Nutrition Connection has been developed to inform FSNE professionals about the resources available on FSNC. Download the brochure from the "About FSNC" section of the Web site.



MyPyramid Menu Planner

Finally, a menu planner that's fast, fun, great for the family and easy to use! Go to MyPyramid.gov and check out the new MyPyramid Menu Planner. It can help to plan food choices to meet personalized MyPyramid recommendations.

With the Menu Planner, users can:

- Make food choices for a day, or up to a week, and get immediate visual feedback that compares these choices to MyPyramid goals and limits.
- Add up to 6 additional family members and create up to 7 days of menus for each person.
- Copy food choices for a meal from day to day or from person to person, to make entry more efficient.

- Select and print daily, weekly, or family reports that summarize how food choices compare to recommended goals.



The "My Next Steps" report helps users to plan and track changes selected to improve food choices.



"The MyPyramid Menu Planner helps put sensible and realistic nutrition advice into practice," says Dr. Brian Wansink, Executive Director of the USDA's Center for Nutrition Policy and Promotion, whose staff designed this new tool. The MyPyramid Menu Planner was released on March 11, 2008.

Dietary Recommendations for Older Adults

|  | Low daily activity level (less than 30 minutes) | Medium daily activity level (30 to 60 minutes) | High daily activity level (60 minutes or more) |
|--|---|--|--|
| Women ages 60-74² | | | |
| Recommended caloric intake | 1600 cal. | 1800 cal. | 2000 - 2200 cal. |
| Recommended fruit consumption | 1½ cups | 1½ cups | 2 cups |
| Recommended vegetable consumption | 2 cups | 2½ cups | 2½ - 3 cups |
| Men ages 60-74 | | | |
| Recommended caloric intake | 2000 - 2200 cal. | 2200 - 2400 cal. | 2400 - 2600 cal. |
| Recommended fruit consumption | 2 cups | 2 cups | 2 cups |
| Recommended vegetable consumption | 2½ - 3 cups | 3 cups | 3 - 3½ cups |

(continued from page 1)

The *Eat Smart, Live Strong* table to the left highlights the recommended calorie intake and fruit and vegetable amounts for older adults 60 to 74 years of age based on gender and activity level. Use MyPyramid.gov to work with older adults participating in *Eat Smart, Live Strong* sessions. Through MyPyramid.gov, you can access tools and resources to help older adults interested in learning more about improving their diet and participating in regular physical activity. Visit MyPyramid.gov often to become familiar with this extensive food guidance system.

Upcoming Conference Calendar

Be sure to save the date for these upcoming events!



American Association of Family & Consumer Sciences
Evolving Technology: Impact on Individuals, Families, and Communities
 June 19-22, 2008
 Milwaukee, WI

Society for Nutrition Education
Celebrating Food, Family and Cultures
 July 19-23, 2008
 Atlanta, GA

Save the Date: **August 3-5, 2009** for the 3rd FNS National Nutrition Education Conference in Alexandria, VA.



Food Stamp Nutrition Connection
 USDA/ARS National Agricultural Library
 10301 Baltimore Ave., Room 105
 Beltsville, MD 20705-2351

Phone: 301-504-5414
 Fax: 301-504-6409
 TTY: 301-504-6856
 E-mail: FSNC@nal.usda.gov

Connecting Food Stamp Nutrition Education providers with information and education resources.

The Food Stamp Nutrition Connection (FSNC) is a dynamic online resource center for State and local Food Stamp Nutrition Education (FNSE) providers. FSNC is funded by USDA's Food and Nutrition Service (FNS) and maintained at the National Agricultural Library's Food and Nutrition Information Center in collaboration with the University of Maryland.

The Food Stamp Nutrition Connection was established in 2001, by the United States Department of Agriculture's (USDA) Food and Nutrition Service with the goal of helping Food Stamp Nutrition Educators find the tools and information they need to provide quality nutrition education for low-income audiences.

Visit us on the Web!

<http://foodstamp.nal.usda.gov>

USDA is an Equal Opportunity Employer
 and Provider



Recipe Highlight: Chicken-Vegetable Soup with Kale

The benefits of a hot bowl of chicken soup with vegetables are renowned. Try this recipe from *Eat Smart, Live Strong* to warm your heart and soul!

Serving Size: 1/3 of recipe
 Yield: 3 servings

Ingredients:

- 2 teaspoons vegetable oil
- 1/2 cup chopped onion
- 1/2 cup chopped carrot
- 1 teaspoon ground thyme
- 2 minced garlic cloves
- 2 cups water or chicken broth
- 3/4 cup diced tomatoes
- 1 cup chicken, cooked, skinned and cubed
- 1/2 cup brown or white rice, cooked
- 1 cup chopped kale (about one large leaf)

Instructions:

1. Heat oil in a medium sauce pan. Add onion and carrot. Sauté until vegetables are tender, about 5-8 minutes.

2. Add thyme and garlic. Sauté for one more minute.
3. Add water or broth, tomatoes, cooked rice, chicken and kale.
4. Simmer for 5-10 minutes.

Cost: Per Recipe: \$ 2.85
 Per Serving: \$ 0.95

Adapted from:
 The Washington Senior Farmers Market
 Nutrition Program
 Puyallup Research and Extension Center
Washington State University



| Nutrition Facts | |
|--|-----------------------------|
| Serving Size 1/3 of recipe (352g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 180 | Calories from Fat 45 |
| % Daily Value* | |
| Total Fat 5g | 8% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 40mg | 13% |
| Sodium 80mg | 3% |
| Total Carbohydrate 17g | 6% |
| Dietary Fiber 3g | 12% |
| Sugars 2g | |
| Protein 17g | |
| Vitamin A 150% | Vitamin C 60% |
| Calcium 8% | Iron 10% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories 2,000 2,500 |
| Total Fat | Less Than 65g 80g |
| Saturated Fat | Less Than 20g 25g |
| Cholesterol | Less Than 300mg 300 mg |
| Sodium | Less Than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |